



**MEET "YOU": THE REAL DEAL** A Virtual Self-Awareness Experience for Tweens & Teens

Course Coaches: **Deb Montgomery Esposito, M.A. & Nia K. Esposito**

# GAINING CLARITY ON WHO WE REALLY ARE...

In a five-year research project, organizational psychologist Dr. Tasha Eurich found that while 95% of people believed they were self-aware, in actuality that number is only 10-15%. Just imagine what the percentage might be for tweens and teens. Accurately assessing who we are allows us to maximize our strengths and better manage our weaknesses. This could make a world of difference in the way adults and young people negotiate life, school and work. Our goal is to provide beneficial information and tools designed to help students bridge the gap between who they are and who they desire to be.

...ALLOWS US TO  
BECOME WHO WE  
CHOOSE TO BE!

## About the Course

*Meet "You": The Real Deal, our new virtual self-awareness course for tweens and teens, is a journey inward for participants. Taught on ZOOM, students are taken on an introspective journey that will result in newfound self-awareness, self-confidence, and the courage to create a life that truly brings them joy.*

*The journey begins with getting to know who they really are, clarifying personal beliefs and values, discovering their true passions, and developing a healthy self-image. The path continues with proven techniques that will allow students to accept and love the person they find inside.*

*Students are challenged with work that can facilitate the development of the boldness necessary to show the world who they really are, which frees them from the expectations of others. The goal is to lay the foundation for a compelling and exciting future as their real, authentic selves.*



### Primary Course Benefits

**Inspires Personal Growth** **Fosters Self-Discovery** **Increases Self-Esteem** **Decreases Self-Doubt**  
**Promotes Self-Love** **Encourages Authenticity** **Builds Confidence** **Clarifies Values**

## Who We Are?



*Deb & Nia Esposito are a mother-daughter power duo committed to sharing resources, tools and information that lead to personal expansion and vibrant living.*

*As Co-Founders/Hosts of the successful Real Talk With Deb & Nia podcast, they have had the privilege of bringing to their audience numerous notable visionaries in the area of self-awareness and self-mastery, including don Miguel Ruiz, Jr. and Marianne Williamson.*

*Deb, the Mom, brings decades of business communication and media experience working with both Fortune 500 companies and small businesses, and a heart for teaching young people. A retired home educator, Deb is a former Director/Educator of a homeschool co-op where she taught Speech, Literature & Novel Writing to 7th-12th graders. Nia is an entrepreneur currently developing self-esteem and smart decision-making courses for young people. She is also a professional violinist who has operated her own violin/viola studio since she was a teen.*



*Together, they are excited to teach and learn from the students who embark on the "Meet You: The Real Deal's" journey of self-discovery and empowerment.*

## GET IN TOUCH

*We help young people find and embrace their authentic selves. Let's begin the conversation!*

570-580-0606

| Email: [RealTalkWithDN@gmail.com](mailto:RealTalkWithDN@gmail.com)

| Website: [www.RealTalkWithDebAndNia.com](http://www.RealTalkWithDebAndNia.com)